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'The Best for Every Child -a Unique Child of God'
ISSUE No 526

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Dear Parent / Carers

Our Christian Value this term is: **Perseverance**

Our Ethos Statement this week is: **Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. Hebrews 12: 2-3**

Remaining training days this year:

Friday 27th May

Monday and Tuesday 25th and 26th July

Spring Term

This week we have been considering our mental health and how we can look after it. Our school started the week with the challenge of 'Growing Together' – which was the theme of Mental Health Week. We thought about how some growth is easy – such as growing from babies into children – or when flowers grow in spring and some growth is more difficult – things that upset us when we are younger may no longer be as upsetting and why that may be. How we all need support to help us to keep growing – especially when things get tough.

We also looked at a quote from Joanne Raptis:



This truly came into its own when our children took the challenge of 'Dress to Express' 😊

Don't forget to sign up to your child's parental consultations which are taking place on different days for different year groups next week.

Pupil of the week

<p>RWB</p> <p>This week we have chosen Millie Mellor as our pupil of the week. Millie always has a smile on her face in school and is enthusiastic towards her learning. She has been trying hard in all</p>	<p>RR</p> <p>Evie McKenzie is Pupil of the Week :) Evie is always engaged in everything we do and has a fantastic attitude to learning. She especially enjoys Literacy and is really impressing us with</p>
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Diocese of Leeds



The Best for Every Child- a Unique Child of God

<p>areas of her learning and we are really proud of her. She is always willing to help if we ask her and is kind and caring towards her friends. Well done :-)</p>	<p>her writing. This week, we have been focusing on storytelling and Evie had excellent ideas about the characters, settings and story and included wonderful descriptions and vocabulary. Well done, Evie :)</p>
<p>1A This week I have chosen George as our pupil of the week for his fantastic persuasive poster about the Emerald City. George used well chosen adjectives to describe all the fantastic things you can there and remembered all his capital letters, full stops and finger spaces. Well done, George! The wizard would be super impressed... 😊</p>	<p>1RM This week in 1RM, we have chosen Harry Wilson. Harry is an always child, he always has his hand up on the carpet and he will always join in with our discussions, especially this week when we have been talking about Mental Health and looking at a P4C question every day. Well done Harry, keep up the hard work 😊</p>
<p>2J Our pupil of the week this week in 2J is Ella Waite. Ella is trying incredibly hard in all subjects at the moment and is making super progress. Over the past few weeks she has been determined to improve her handwriting and I can see a huge difference in her work. She has also been asking to take home extra reading books so that she can progress faster with her reading. She is a kind, thoughtful and caring member of our class and a definite 'always' pupil. Well done Ella! 😊</p>	<p>2S This week we have chosen Xenner Campbell to be our pupil of the week. Xenner is a delight to teach and I could pick her any week. She tries her absolute best with everything she does and is a wonderful friend to others. This week I've been particularly impressed with her story writing skills in English and the beautiful handwriting she is developing. Keep up the hard work Xenner, we're very proud of you! 😊</p>
<p>3R This week I have chosen Maya Zelikson as our pupil of the week. Maya impresses me every week with her enthusiasm for learning and fantastic presentation skills. This week, she has been working very hard creating quality sentences in English, producing an excellent piece of descriptive writing about the bear in the story 'Stone Age Boy'. Maya also showed great initiative and enthusiasm during our science investigation yesterday using different soil types. Well done Maya! 😊</p>	<p>3R This week I have chosen Freddie Wilson as my pupil of the week. I could choose Freddie every week as he is a lovely member of 3R; he is incredibly kind and caring and always puts 100% into all his work. Freddie has a super attitude to learning and will always try his very best. This week he has impressed me with his work in statistics in maths and also his fantastic team work skills in P.E He has also written a fantastic description of a cave bear in English. Keep up the brilliant work Freddie! 😊</p>
<p>4L This week's 4L Pupil of the Week is Toby Longman for his brilliant attitude towards his learning. Toby has produced a fantastic descriptive travel brochure based on Italy. He has also worked extremely hard to tackle our new multiplication and division method in maths. Well done Toby! 😊</p>	<p>4W This week my pupil of the week is Olivia Malton. Olivia has had a fantastic week, she has tried really hard in all of her lessons and her attitude has really impressed me. Also, Olivia's handwriting is looking wonderful. Well done Olivia, keep it up! 😊</p>
<p>5E Francesca Golden is my pupil of the week this week. She has had a challenging week where she has mastered working with fractions with different denominators. She has also produced some brilliant poetry as part of our 'Word Party' work and written her own poem. 😊</p>	<p>5H I have chosen Arnav Gupta for his fantastic attitude towards his maths this week. He shows excellent enthusiasm and responds incredibly well to challenge! He also has shared some fantastic ideas for Mental Health Awareness Week this week and is kind and helpful to other children in our class :-)</p>
<p>6C Evie Rhodes for her continual determination and effort with all she undertakes. This week her hard work in maths has been particularly</p>	<p>6M Millie Thurston for her wonderful effort in every subject. She has worked extremely hard to improve and now is reaping the rewards-</p>

noticed and she has shown some impressive problem solving to understand the language of algebra. Keep up the brilliant attitude. 😊

especially with her reading. Mrs Swann has also commented on how much she has improved during her Beanstalk sessions. Well done Millie, keep it up 😊

Dates for your diary

Week Commencing 14th February Parent Consultations

Thur 3 Mar – World Book Day (dress as a book character or author)

Tue 15 Mar – Reception trip to Temple Newsam

Wed 23 Mar – Year 3 trip to Tropical World

Thur 24 Mar – Year 4 trip to Dane Law Living History Centre

Wed 30 Mar – class photos

Wed 30 Mar – Planetarium in school (y5)

Tue 3 May – Reception trip to Hesketh Farm (more information to follow soon)

Tue 17 May – Year 1 trip to Harlow Carr (more information to follow soon)

Wed to Fri 8 – 10 Jun – Year 6 residential to Peat Rigg

Great Science Share June 2022

Calling all parents working in science and technology industries. In June we will be celebrating and highlighting Science in school and our local community. We would also like to invite people to come into school and share their experiences of working in a scientific profession. If any people would be willing to get involved, or know of anyone that would, could you please contact Mr Clarke in 6C

World Book Day - Thursday 3rd March

We will be celebrating World Book Day on 3rd of March with our usual dress up day and wanted to give you plenty of notice as it's the first week back after half term. Children can come dressed as any book character, or even an author, of their choosing. If it's their PE day they may want to take that into consideration! We are always blown away by the amazing costumes on dress-up days and I'm sure this will be no exception!

We will also be having the book fair that week but more details will follow on the arrangements soon.



Mathletics news

The trophy scores are a tie between the Y1 classes and a tie between 3R and 4W - well done everyone who has contributed to your class scores!

Top 10 mathletes - great to see more new names again this week, and some of our younger children in school 😊

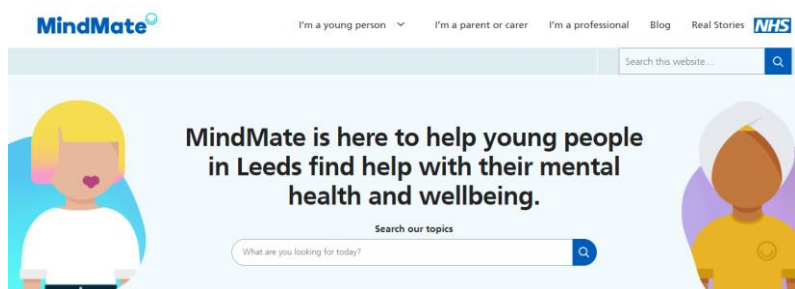
1. Arnav Gupta
2. Finley Wilson
3. Lyra Hakim
4. Harry Wilson
5. Freddie Wilson
6. Michael Li
7. Oskar Oliver
8. Thomas Smith
9. Jenson Bryer
10. Eddie Johnson

Mental Health Awareness Week

This week in school we have been raising awareness of mental health and wellbeing by celebrating children's mental health week. The theme has been 'Growing together'. We have been doing lots of PSHE activities



during the week, including some work for e-safety day which was on Tuesday 8th February. Today we have 'dressed to express', and celebrated our wonderful selves! We also managed to join a Q&A session via LUFC to find out more about mental health in sport. If you want any further support, check out this website for a wealth of advice and tips.



Many thanks
Cath Hellings
Headteacher



www.kooth.com

Dear Parents/ Carers,

We are writing to inform you of a mental health and emotional wellbeing service available to young people called Kooth. We know that there are times when life can feel like a struggle and that, especially this year, some extra support can be needed. Recognising this, Kooth has been commissioned by Leeds NHS Clinical Commissioning Group to provide free, anonymous and safe online support for young people aged 10-18.

Kooth is an online community (www.kooth.com) that is accessible 24/7, 365 days of the year and provides access to chat sessions with BACP-accredited counsellors and qualified emotional wellbeing practitioners. All out-chat sessions are done via text, and last up to an hour. Chat is available from 12pm to 10pm on Monday-Friday, and 6pm-10pm on Saturday-Sunday, providing a much needed 'out of hours' service. Kooth is accessible from any device that can access the Wi-Fi, allowing young people to seek help and support at a time and location that is suitable for them.

But Kooth is so much more than just having chat sessions. Young people can get peer-to-peer support, as well as get involved with activities designed to improve emotional wellbeing and resilience. They can participate by reading/writing magazine articles, keeping a journal, setting goals and engaging in discussion boards and live forums. We allow young people to share their experiences safely, and everything contributed to the community is thoroughly moderated by the online team so that we can guarantee there won't be any trolling, bullying or judgement – they also won't be allowed to share any personal details with each other.

Kooth is not a replacement for any in person support for a young person; rather it is an additional means of accessing further support. There is no such thing as a problem that is too big or too small at Kooth. Our team reflects all communities and walks of life, so no matter what issue you come to us with there is somebody at Kooth who can and will help.



Mental Health Support, Information and Advice for Adults and Parents/Carers:

Key websites to access

www.leedsmind.org.uk

www.mindmate.co.uk

Silvercloud self-directed website for parents/carers

Northpoint have worked with Silvercloud Health to provide access to online support for parents and carers during the current situation.

The site has been designed by clinical experts with the aim of empowering you to think and feel better. The website includes programmes that are tailored to your needs. It contains easy to use content and interactive tools.

The online space is secure and anonymous. No identifying details are required apart from a contact e-mail address.

To access the site go to <https://nhs.silvercloudhealth.com/signup/> and enter the code 'north' when prompted.

Mental Health Support for Children and Young people

Mindmate www.mindmate.org

Teen Connect (13-18 years) Teen Connect is a helpline for Leeds based 13–18-year-olds who are in crisis. Open 6 pm – 2 am every night of the year. Call, go online or send a text 0771 566 1559 .

Kooth online counselling an emotional wellbeing service Kooth online counselling is a free, safe and anonymous service for 10–18-year-olds where young people can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums. www.kooth.com

Give us a shout <https://www.giveusashout.org/>

24/7 Anonymous Text Support for When You Feel You Can't Cope. Text Us Today

For support in a crisis, Text Shout to 85258

Childline <https://www.childline.org.uk> - Whatever your worry we can help you. Call Childline for help and advice!

Tel: 0800 1111

The Mix Emotional support for under 25's. 24/7 Crisis messenger, 1-2-1 chat, forums and resources. www.themix.org.uk

Resist or manage the urge to self-harm

The Calm Harm app has been customised for young people in Leeds (aged 12 – 25 years). It helps you resist or manage the urge to self-harm; it has a number of activities including breathing techniques to help reduce symptoms of stress and anxiety.

Safe Zone (11-17 years)

The Safe Zone is a crisis service for young people aged 11-17 in Leeds. It's open every Monday from 7pm to 10pm – the last drop-in to Safe Zone will be 9.30pm. Call 0113 819 8189 call before you go.

The Market Place

The Market Place offers free, confidential support in Leeds 11–25-year-olds. Call 0113 246 1659 or 0113 819 8189. 18A New Market St, Leeds. www.themarketplaceleeds.org.uk

Samaritans

Samaritans is available round the clock, every single day of the year, for anyone who is struggling to cope. Call 116 123 <https://www.samaritans.org>

Bereavement support for Children and Young People